

FOODS

GOJI BERRIES

1

4,310 ORAC
SCORE



WILD BLUEBERRIES

2

9,621 ORAC
SCORE



DARK CHOCOLATE

3

20,816 ORAC
SCORE



PECANS

4

17,940 ORAC
SCORE



ARTICHOKE (BOILED)

5

9,416 ORAC
SCORE



ELDERBERRIES

6

14,697 ORAC
SCORE



KIDNEY BEANS

7

8,606 ORAC
SCORE



CRANBERRIES

8

9,090 ORAC
SCORE



BLACKBERRIES

9

5,905 ORAC
SCORE



CILANTRO

10

5,141 ORAC
SCORE

